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Housekeepers' Chat

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U. S. Department of Agriculture
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Tues., Dec. 27/27

Subject: "How to Wash Rayon and Wool". Information, including recipe for Lima Beans in Tomato Sauce, from Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

Every once in a while, some radio friend suggests a recipe which has been overlooked. Take Lima Beans, for instance. Have I ever discussed Lima Beans? Not lately, I'm sure. Perhaps I would have gone right ahead, ignoring this appetizing food, if a radio friend hadn't mentioned it. "Dear Aunt Sammy", she writes, "please tell me some good way of preparing dried lima beans, besides boiling them. We eat lots of beans in the winter time, but we do get tired of cooking them the same old way."

I'm very glad this listener wrote to me, for I have a tasty recipe, for Lima Beans in Tomato Sauce, which is the best recipe for beans I have ever used. It calls for bacon fat, an onion, and considerable flavoring. I'll broadcast the recipe, as soon as today's questions are answered.

First question: "Can you tell me how to wash rayon underwear?"

When you wash artificial silk or rayon underwear, remember that it is much weaker, when wet. It must be laundered very carefully. Wash it in lukewarm water, with soapsuds. Hot water makes the fabric tender. It is important to have neutral soap. Don't rub the garments, but squeeze them, and rinse repeatedly, until they're clean. Rough finger nails, or rings worn on the fingers, tear wet artificial silk very easily. After it's washed, spread the garment flat on a heavy towel, rather than hanging it over a line, or narrow rod. Never use clothespins. If you iron your rayon garments, use medium heat. Too hot an iron will injure rayon. Better still, place a cloth between the rayon garment, and the iron, when pressing.

Second question: "Among my husband's Christmas gifts were several pairs of wool socks. How should I wash them, so they won't shrink, and become hard and ugly?"

All moist wool is sensitive to rubbing, and to heat, and becomes hard and shrunken unless it's carefully washed. You have probably discovered that strong alkali solutions weaken woolen fabrics, and often completely dissolve the material. Too much heat, and marked changes in temperature, will cause shrinkage. All the water used in washing woollens should be lukewarm. Many people wash their

woolen garments correctly, and then rinse them in cold water. This causes a sudden contraction, which is likely to be permanent.

When you wash wool hose, or other woolen garments, use only neutral soaps, and no strong washing powders. Use soap in the form of a solution, or a jelly, and don't rub it directly on the fabric. Use lots of lukewarm suds. The temperature of lukewarm suds is about 110 degrees Fahrenheit. Use more water, in proportion to bulk, for wool than for any other material.

When you wash woolen hose, or other woolen garments, squeeze and work them in the lukewarm suds, without rubbing. Press out the excess water, and wash in a second lukewarm suds. Hand washing is less likely than machine washing, to shrink woollens, and make them lose their softness.

Squeeze them from the last suds, and rinse them free from soap, in several changes of lukewarm water, as near the temperature of the suds as possible. All wool materials should be dried in a warm place, but not near a fire, or in direct sunlight. Never let them freeze.

Third and last question: "I wish you would tell me how to wash cream colored lace curtains, so they will not shrink, or fade."

First, before you wash them, measure your curtains, and write down the measurements. Then you'll know just how long and how wide to measure them for stretching, while they're wet. Handle the curtains carefully in the suds. Curtains sometimes go to pieces when they're washed. That's because they've been weakened by the action of the light. Wash them carefully, and if you use a washing machine, put them in net or muslin bags, as you do any fine pieces of material.

If your curtains fade when they're washed, or if you want to make them a deeper cream, or ecru color, add a strong solution of tea or coffee, or both, slowly to hot water, until you have the desired color. Test the color on a piece of muslin. Brown cotton dyes can be used, in very weak solutions, and should be tested on a sample, for shade. Take the curtains out of the water as soon as the desired shade is obtained. Starch the curtains, if you like, or better still, use gelatin or gum arabic as a stiffener.

I wish that all of you who are interested in washing and ironing would write for the bulletin on "Home Laundering." Besides covering all the practical points of ordinary washing and ironing, this free bulletin tells how to wash curtains, pillows, blankets, sweaters, and so forth.

I told you that was the last question, but I see there's one more: "What makes jelly ooze out of a well sealed glass?"

This usually means that the glass is not well sealed. The jelly solution has a very high sugar content. If the moisture in the air reaches the jelly, the jelly tends to absorb water, and ooze out. One suggestion for preventing this is to run a knife around the edge of the jelly, before pouring on the paraffin, or to rotate the glass after the hot paraffin is poured on, and let it run up onto the glass and form a tight seal. In addition, be sure there is a tight

fitting cover, and store the jelly in as dry a place as possible. If you do not have a dry, cool place for storage, this may be the cause of your trouble.

Now we are ready for the recipe. Six ingredients, for Lima Beans in Tomato Sauce.

- 1 pound dried lima beans
- 1 pint thin tomato sauce
- 1/4 cup bacon fat
- 1 onion, sliced
- 1 cup bean liquid
- Salt, pepper, and tabasco

Six ingredients -- check them, please: (Repeat)

Wash the beans thoroughly. Soak them overnight in water to cover. Drain the beans, cover with fresh water, and cook for about 1/2 hour, or until tender, but not broken. Brown the onion in the fat, and mix with the tomato sauce, and the bean liquid. Add the beans. Cook until the mixture has thickened.

Now do you want the recipe for the Tomato Sauce? Eight ingredients, for Tomato Sauce:

- 1 can tomatoes
- 1 bay leaf
- 1/2 onion
- 8 cloves
- 2 tablespoons butter
- 1 tablespoon flour
- 1 teaspoon salt
- 1 teaspoon sugar

Be sure that you have the eight ingredients right. I'll repeat them: (Repeat).

Cook the tomatoes, with the seasoning, for ten minutes, and strain through a fine sieve. Blend the butter and flour, mix with the hot tomato, and stir until thickened.

That's all till tomorrow -- when I shall broadcast a holiday party menu.

